

# Living With Asthma

Don't let asthma slow you down. You can have an active life when you learn to control your asthma. But asthma doesn't go away. If you have asthma, you have it all the time.

When it's hard to breathe, you may be having an asthma flare-up. On these days, your asthma is not under control.

Here are some steps to help prevent asthma flare-ups:

## 1. Avoid Triggers

Stay away from the things that start, or trigger, your asthma flare-ups.

## 2. Take Your Asthma Medicines

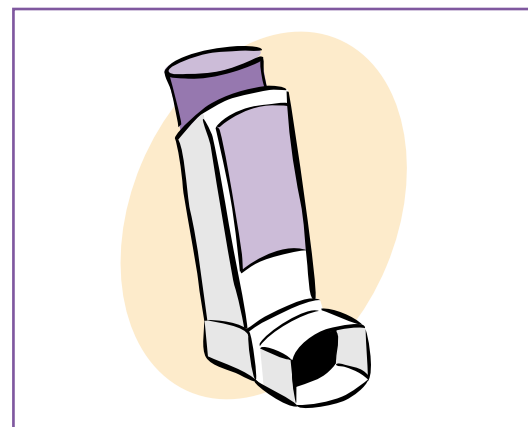
Control medicines are taken every day. Quick-relief medicines are used during an asthma flare-up.

Your doctor can help you learn:

- The names of your medicines
- How the medicines can help control or relieve an asthma flare-up
- How and when to take your medicines

## 3. See Your Doctor Regularly

Go to the doctor at least 2 times a year.  
Asthma is serious. Go even if you feel fine.



Control medicines are taken every day.